

PRE-CONFERENCE COURSES

The following workshops are scheduled for Monday morning, June 14 from 8:30 AM – 12:00 PM (3.5 contact hours)

PC1. Fetal Alcohol Spectrum Disorders

Trudee Ettinger, PhD, RN (VT)

This workshop will examine the range of problems associated with prenatal exposure to alcohol. We will examine strategies to address this problem from the individual pregnant woman to the individual experiencing the outcomes of fetal alcohol to larger scale prevention efforts.

OBJECTIVES: Participants will be able to

1. Recognize the characteristics associated with FASD;
2. Describe prevention strategies to deter pre-natal drinking;
3. Examine treatment approaches for individuals with FASD; and
4. Identify interventions to address drinking behavior during pregnancy.

TARGET AUDIENCE: Anyone interested in the topic of FASD.

CONTENT LEVEL: Core-Advanced.

Dr. Trudee Ettliger has been working in the field of Substance Abuse Treatment and Prevention both as a clinician and researcher. Trudee has focused her research on substance abuse prevention for rural lower income childbearing age women, often an overlooked at-risk group. She has developed select-level intervention programming for this population and is working to address FASD in Vermont.

PC2. Where are the Cash Cows? Funding Resource Tips

Gail Taylor, M.Ed. (MD)

This mini-course will identify and explore possible funding resources. Keys to grantmaking, foundations, government and other resources.

OBJECTIVES: Participants will be able to:

1. Identify key characteristics of governmental agencies, foundations and other funding resources.
2. Be aware of the best approaches to solicit funding from a variety of these resources.
3. Make their proposals the one to fund in the eyes of funders.

TARGET AUDIENCE: Anyone interested in learning more about funding resources.

CONTENT LEVEL: Core-Advanced

Gail Taylor has been in the field of the prevention of underage drinking and drug use and healthy youth development for over 20 years. She has worked at the community, state, and national levels delivering a variety of prevention services to include workshops and training, curriculum development, local and state prevention systems assessment, effective prevention program development, coalition development for community change, cultural competency and grant making. Ms. Taylor managed the \$9 million State Incentive Grant Project.

Currently Ms. Taylor is the Regional Services Manager for JBS International, Inc. and is responsible for managing the delivery of prevention systems assessments, and technical assistance for the Southeast region of the U.S. including Washington, D.C., Puerto Rico and the US Virgin Islands. She continues to provide training and TA for a number of entities at the national, state, and community levels for prevention services organizations.

PC3. It's About Time You Take Care of Yourself

Michael Gaudet, LCDP, ACDP (MA)

We work in profession that has been known to eat its own...whether by too much demands, not enough support, or just plain getting lost in the business of taking care of others. All roads lead to burnout if we don't take the time to apply what we often teach others; how to take care of self. This course will examine how the workplace contributes to our stress levels, identify strategies that we can incorporate into our daily grind that will help us cope more effectively with stress, and will provide an opportunity for the participant to experience firsthand

the benefits that are derived from self-care.

Mike is currently the Center Director of Arbour Counseling Services of Rockland, MA. He has been a faculty member of NEIAS since 1986, and also teaches throughout the year across New England for DATA of RI, AdCare of MA and NHADACA. Mike is a Licensed Independent Clinical Social Worker and Licensed Chemical Dependency Professional. He received his MSW from Rhode Island College in 1984.

PC4. Retraining the Triune Brain

Gretchen Breyller Hegeman, PhD, LCPC (ME)

Why is it so difficult to change? Stop an addiction? Stay on a diet? Because the brain has three major functions that compete between change and survival. This session provides a foundation in the neurobiology of why we do what we do and how to explain it, in layperson's terms, to your clients.

OBJECTIVES: Participants will be able to

1. Be able to name and explain the three brain functions;
2. Understand the "costs" of change;
3. Explore ways to allow change.

Combining a master's in Counseling with a doctorate in Integrative Health Care, Dr Gretchen Breyller Hegeman's work as Director of Psychological Health for the Maine National Guard is to develop programs of psychological health and well being for the service members and their families while building a network of community clinicians and providers to work with them.

